



The Rally Point

THE CALIFORNIA ARMY NATIONAL GUARD'S OFFICIAL NEWSLETTER

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Special points of interest:

- The Army Guard is on Facebook. Check us out at www.facebook.com/caarmyguard



- This newsletter can be seen online here: <http://www.calguard.ca.gov/army/Pages/armynewsletter.aspx>

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The relationship between leaders sets the tone for the company

There shouldn't be a doubt in anyone's mind that the commanders and first sergeants at the company level drive our National Guard. Company metrics are fed into battalion metrics, which are then fed into the metrics of the brigade. It is through the success of the company that we ultimately measure success as a force.

With that said, the success of the California Army National Guard company can only be achieved through the success of the company command team. Companies must be prepared to mobilize and deploy in order to fight and win our nation's wars and to support our local authorities in times of need. It lies with the commander and company first sergeant to ensure that the company can meet this call to action.

The relationship between a commander and first sergeant sets the tone for the company as well as the tone for the relationships among the entire unit.

Most importantly, Soldiers' lives depend on the company command team's ability to plan, recourse, conduct and accurately evaluate training. It's of the utmost importance that this training is tough, realistic, and safe. Only working together to fulfill the commander's intent, can the command team succeed in forging a ready unit.

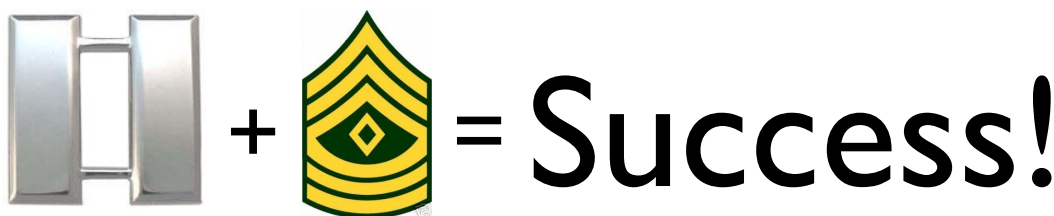
Additionally, lean times force forward thinking leaders to think out of the box and train their Soldiers and units with less. This means only a cohesive command team will succeed in the coming fiscal environment.

The success of the company



MG Lawrence Haskins
California Army National
Guard Commander

requires a solid, cohesive and successful company command team. I am charging the commanders and senior NCOs of all higher headquarters with the responsibility in assisting to make our company command teams a success through counseling, mentorship, and providing them clear and concise guidance going forward.



Courtesy of the 223rd RTI

CSM: Motorcycle Safety



**Command Sgt. Maj.
Harold E. London
California Army
National Guard
Command Sergeant
Major**

The weather is changing so the motorcycle enthusiasts are preparing the two wheeled transportation for the "Ride". Please read and heed the safety recommendations in this article from the Safety office. I do

not want to lose a Soldier in an accident that could be prevented. Our numbers are down from the year before with motorcycle deaths however the accidents are on pace with last year. Be disciplined and

focused while riding. You can still enjoy the freedom of the ride while maintain your focus on the traffic.

"Live to Ride and Ride to Live"

Continued on page 3-

National Guard Bureau Region 7 Best Warrior Competition

Congratulations to California's Best Warrior of the Year winners Staff Sergeant Albert Garcia of the 1106th Theater Aviation Support Maintenance Group (TASMG) and Specialist Ryan Ziegler of the 100th Troop Command! Both Soldiers went on to compete in the National Guard Bureau Region VII Best Warrior Competition, which was conducted in Fort Carson, Colorado on 4-7 April.



Sixteen Soldiers from Guam, Hawaii, Arizona, New Mexico, Colorado, Utah, Nevada, and California competed in 10 grueling events which included a physical fitness assessment, an Combat Readiness Test (Obstacle Course), a ruck march, a military operations on urban terrain event, weapons match, Public Affairs Interview, Written Army Warrior Tasks, oral Board and a day night land navigation course for the honor of being the best NCO and Junior Enlisted Soldier of Region VII.

SSG Garcia, competed against seven other Non-Commissioned Officers and scored the highest in two categories: the media interview event and the oral board. SPC Ziegler received the highest scores among junior enlisted members in the: rifle and pistol shooting event, the written examination, media interview, land navigation test, and the weapons system event. He took second overall among the junior enlisted Soldiers.

SPC Ziegler beat seven other Soldiers in California in September to be crowned California's Best Warrior in the junior enlisted category. SSG Garcia came in second against NCOs, behind SSG Jarrad Negherbon of the 235th Engineer Company, who was unable to attend the competition in Fort Carson because he was training for a deployment.

This was the best showing California Soldiers have achieved in recent History. SSG East from the 95th CST won the regional's three years ago and went on to the NGB event.

Despite fighting altitude challenges of 6,000 feet above sea level, the California competitors fought hard and proudly representing the California Army National Guard. HOOAH!



CSM: Motorcycle Safety, continued from page 2

MOTORCYCLE PPE -- IT'S NOT JUST FASHION

By: WOC Joseph Cook and MAJ Vickie Panagopoulos, CAARNG State Safety Office

Protective clothing for motorcycle riders is of such importance to the Army as a first line of defense in protecting our Soldiers who ride from the dangers on the road, that requirements have been specified in our Safety regulations.

NGR 385-10 states that all ARNG Personnel, regardless of duty status, are required to wear PPE when operating a motorcycle – even where not required by State law. Rider PPE includes:

- (1) DOT approved helmet.
- (2) Face shield or impact goggles properly attached to the helmet.
- (3) Sturdy over the ankle footwear.
- (4) Long sleeved shirt or jacket.
- (5) Long pants.
- (6) Full fingered gloves or mittens designed for motorcycles.
- (7) Brightly colored outer garment vest/belt/riding jacket (day)/retro-reflective upper garment (night).

While the requirements are made clear in Army and National Guard regulations for what is to be worn, how do we as Soldiers determine what to select among the many options available in motorcycle protective clothing? The statistics and information that follow may help bring a better understanding of what to look for and why when selecting motorcycle protective clothing. The choices you make in selecting your riding gear are critical to how well you survive in a motorcycle accident.

There are different purposes for which motorcyclist clothing is worn, to include injury prevention or minimization in the case of a crash, protection

from weather conditions (rain, wind and temperature extremes), to draw the attention of other motorists (visibility) and also to make a fashion statement. The focus of this two-part article is on protection from injury. Motorcycle clothing can be very costly and this article will try to help riders distinguish between clothing features that really are just fashion and those that have some genuine protective merit.

The impact in most motorcycle crashes occur at relatively low speeds (less than 30 mph) (RoSPA, 2001, p18). These are the crashes where protective clothing is of most value to the rider--when you are sliding and tumbling along the road surface, but not so much if you hit a solid object.

The right protective clothing can almost certainly prevent most cuts, gravel rash and friction burns from sliding along the roadway; exhaust pipe burns if the bike ends up on top of you; reduce risk of infection and complications caused by road dirt in open wounds; save your muscles and skin on hands and legs from being stripped away from your body ("de-gloving" type injuries) and prevent or reduce the severity of some fracture and joint damage.

So then, which parts of the body should you protect? Statics show that the legs are the area most commonly injured (81% of casualties). Legs are also the site of most fractures (32%) and most soft tissue damage (76%). However, the legs are the least likely to be protected. Arm injuries are less common (56%) and less likely to involve fractures (17%). Of those casualties with head injuries (48%), over eight percent were either not wearing a helmet, or the helmet came off. About one in three riders with non-fatal head injuries (30%) have brain damage (Otte et al, 2002).

Surveys of motorcyclists suggest that many do not appear to appreciate the risks to different parts of their bodies and while most motorcyclists wear a helmet and jacket, they are less likely to wear motorcycle boots, gloves or pants.

Tests performed as specified in the Standard indicate a single layer of 1.4mm cow hide will last 5.8 seconds while 200 gsm denim is abraded away in 0.6 of a second (SATRA, 2003). In high impact areas of the body, even leather must be in double or triple layers to comply with the EU standards. Currently most countries follow the EU standards for motorcycle protective clothing.

How can you tell the difference between gear that will provide protection and what just looks good? The best way to ensure you are buying protective gear is to choose products that have been tested against recognized standards.

You can find the Army's requirements for Motorcycle riders in AR 385-10 and NGR 385-10. The above civilian statistics and research can be found at the following web site:

www.roadsafety.mccofnsw.org.au/a/111.html

References:

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2. de Rome, L.; Stanford, G&Wood, B (2002), MCC Survey of Motorcyclists, **Motorcycle Council of NSW**, www.roadsafety.mccofnsw.org.au.
3. Otte, D. & Middelhaue, V (1987), Quantification of protective effects of special synthetic protectors in clothing for motorcyclists, 1987 International RCOBI Conference of the Biomechanics of Impacts, Birmingham, pp. 1-18.
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Resilience Corner: 5 Dimensions of Well-Being

By Captain Reneé Marie, CAARNG, Resilience, Risk Reduction, Suicide Prevention (R3SP) Program Coordinator

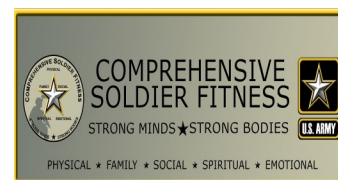
•Physical - Avoid alcohol and energy drinks/caffeine within 4-6 hours of bedtime. Avoid bright lights, LCDs, and "gaming" within 60 minutes of bedtime. Light shuts down melatonin production inside your brain which triggers sleep. So keep it dark before bedtime!

•Emotional - Accomplishing a goal can seem very difficult if we think about it as one big step. Small steps, with continuous progress, get us where we want to be. Set small daily goals and celebrate the progress towards your big goal, one step at a time.

•Family - Resilient families tend to affirm and support each other even when it is not always convenient; i.e. Billy's older brother said he would take over Billy's chores for the week so that Billy can complete his school project.

•Social - Learning from other is one way we change our own mindset. It can help us think and do the things that might help others - who are, sometimes without us knowing, learning from us.

•Spiritual - Do you know someone personally who has demonstrated amazing resilience through really challenging circumstances? Think how you would like to imitate the spirit of that person. (content above used with permission. Read the source document, CSF2 Newsletter here: <http://csf2.army.mil/downloads/CSF2Newsletter-Issue2.pdf>)





Disciplinary Action

Rank	BDE	Brief Description of Charge	Action by CMD	Result
SSG	100th Troop Command	Soldier drafted an improper lease agreement and overcharged a Non-Profit Organization, then pocketed funds.	Initiated AGR Sep	AGR Separation
CPT	100th Troop Command	SLRP and officer Accesion Bonus Fraud	Initiated GOMOR	GOMOR
CPT	100th Troop Command	SLRP and officer Accesion Bonus Fraud	Initiated GOMOR	GOMOR
CPT	100th Troop Command	SLRP and officer Accesion Bonus Fraud	Initiated GOMOR	GOMOR
SSG	100th Troop Command	SLRP and Enlistment Bonus Fraud	Initiated GOMOR	GOMOR
SFC	100th Troop Command	Alleged sexual assault	Initiated GOMOR, and AGR Sep	GOMOR, AGR Separation, MOS Withdrawal
SFC	100th Troop Command	Improper use of a GSA vehicle	Initiated GOMOR	GOMOR
SFC	100th Troop Command	Inappropriate sexual	Initiated GOMOR and AGR Sep	GOMOR, AGR Separation
PVT	224TH SUS BDE	Unsatisfactory Participant (Missed 9 or more MUTAs in one year period)	Administrative Separation Board	Other than Honorable Discharge
PV2	224TH SUS BDE	Unsatisfactory Participant (Missed 9 or more MUTAs in one year period)	Administrative Separation Board	Other than Honorable Discharge
SFC	224TH SUS BDE	Soldier violated Article 123 (Forgery) and Article 92 (Dereliction of Duty) of the UCMJ.	GO Article 15	Reduced to SSG
PFC	40TH CAB	Soldier violated Article 92, UCMJ by consuming alcohol during IDT when ordered not to by chain of command.	Article 15	Reduction to PV2

Disclaimer: When determining a punishment, commanders take into account a number of factors including the rank, the severity of violation, the service record, as well as the character of the individual. This independent consideration of each case explains why two individuals of the same rank, who commit the same infraction, may not receive the same punishment. In addition, according to the California Military and Veterans Code and the UCMJ, punishment pursuant to an Article 15 (known as non-judicial punishment (NJP), can vary for similar misconduct by enlisted or officers. A Soldier who receives NJP could be reduced up to two grades, have a fine imposed, be assigned extra duty, and/or have a letter of reprimand placed in their record. This range of punishment is focused on maintaining good order and discipline. NJP rarely ends an enlisted person's career. In fact, a Soldier who has been reduced through UCMJ can rehabilitate them self and return to their previous rank. NJP only slows down the career advancement of a Soldier/NCO. Comparatively, when an officer receives NJP the maximum punishment authorized by law, even for the CDR CAARNG, is a fine and/or to have a letter of reprimand filed in their record. This range of punishment is focused on determining whether the officer is suitable for continued service. While NJP for officers does not have the immediate impact of an enlisted rank reduction, it can, in most cases, prevent any further career advancement. NJP (or a permanently filed General Officer Letter of Reprimand) generally stops the career advancement of an officer.

Retirees

Unit	Name	Rank	Ret Date	Yrs
746TH CBT SUS SPT BN	CASTILLO GOMERCINDO	SFC	130212	21
DET 1 140TH ENGR CO (MAC)	GRIFFIN THOMAS CHRISTOPHER	SSG	130228	25
DET 1 OPNS CO 40TH INF DIV	KENNEDY TIMOTHY PATRICK	MSG	130220	26
FSC 579TH ENGR BN	LLEWELLYN DANIEL GILBERT	SGT	130207	22
CA ARNG MED DET	MILLER ESTHER LOUISE	SGT	130210	25
HHC(-) 1-185TH AR BN	PALACIOS MICHAEL JESSIE	SGT	130211	22
DET 1 2632ND TRANS CO	RITTER JOHN PAUL	SFC	130206	20
1113TH TRANS CO	ROSENDALL DAVID ALAN	SSG	130206	20
JFHQ-CA (-)	ZALLA GERALD ALLEN	MAJ	130212	31

Promotions

Enlisted

Unit	Name	Rank	DOR
CO B(-) 1-185TH AR BN	AISPURO ABEL MEDINA	SSG	130213
649TH ENGR CO(-) (HZ)	AITKEN CONNOR THOMAS	SGT	130214
DET 1 BTRY B 1-143RD FA	ALVAREZ CARLOS	SFC	130211
BTRY A (-) 1-143RD FA	ARELLANO FELIPE JR	SSG	130214
217TH FINANCE MGMT DET	ARMENTA LUIS ESTEBAN	SSG	130201
HHC, 224TH SUSTAINMENT BRIGADE	ARRIETA SAIRA	SGT	130228
DET 2 870TH MP CO	AVILA KATHY LISBETH	SSG	130215
HHC 79TH SPC TRPS BN	BARAJAS EDGAR RAFAEL	SSG	130212
297TH AREA SPT MED CO	BARRIOS DAVID EDWARD	SSG	130226
HHC(-) 1-185TH AR BN	BARROW RYAN HENRY	SGT	130220
2ND BN (MT) 223D REGT	BARRUGA KEVIN FRANK	SSG	130215
CO B (-) 640TH ASB	BERNARDINO IGNACIO MERAR	SGT	130211
HHC 79TH SPC TRPS BN	BOVEE ANGELIQUE ELIZABETH	SGT	130213
3RD BN (TC) 223RD REGT	BRACKETT DAVID ROY JR	SSG	130214
CO B 1-140TH AVN BN (ASSLT)	BRICKNER KEVIN JOHN	SGT	130212
COMBAT AVN BDE	BUTLER MICHAEL BENNIE	SSG	130213
DET 1 CO A 1-185TH AR BN	BUTTERFIELD GARRETT DAVID	SGT	130213
40TH MP CO	CARLSONBLACKWOOD STEPHEN W	SGT	130221
CO G (-) 40TH BSB (FIRES)	CASTRO JESUS NAVARRETE	SSG	130220
1401ST ENGR DET	CHIKALLA JORDAN THOMAS	SGT	130212
CO A (-) 5-19TH SF	CHMIELEWSKI TOMASZ KSAWERY	SGT	130205
DET 1 BTRY A 1-143RD FA	CLAUDE ALEX PLONG	SGT	130201
CO D 40TH BSB (RSTA) CO	CLAVON DWAYNE WINDELL II	SGT	130228
233RD ENGR DET (FIRE TRUCK)	CLINTON JAMIE MARTIN	SGT	130205
HHC 3/140TH AVN S&S BN	CONGER OMAR DWIGHT V	SSG	130219
649TH MP CO CBT SPT FWD 3	CROFF HARRISON THOMAS	SGT	130213
DET 1 CO G 40TH BSB	DEDIOS JONATHAN DEDIOS	SGT	130213
CO A(-) 1-185TH AR BN	DEFRANCE DAMION BRUCE	SSG	130212
COMBAT AVN BDE	DEGRAFF JEFFREY THOMAS	SSG	130212
DET 2 HHC 1-185TH AR BN	DENTON CHRISTOPHER JAMES	SGT	130215
670TH MP CO	EASTLUND ARNE FREDERICK	1SG	130201
DET 2 HHC 1-185TH AR BN	ELIAS GLYN WILLIAM JR	SGT	130213
HSC (-) 40TH INF DIV	ENGELHARDT LANGSTON EVAN M	SGT	130225
CO C 1-160TH IN	ESTRADA JONNATHAN ONEIL	SFC	130212
HHC 1-160TH IN	EVANS ANTHONY JR	SFC	130205
FSC 579TH ENGR BN	FADYUKHIN ALEKSEY	SGT	130215
1ST BN (MP) 223D REGT	FAECKE STEVEN JOSEPH	SSG	130213

Continued from page 5 - Enlisted Promotions

DET 1 CO G 40TH BSB	FERNANDO CHRISTOPHER JUAN	SSG	130220
CO B(-) 1-185TH AR BN	FLORES LEUNCIO JR	SGT	130214
A(-)/ 5-19 SFG REAR	FOLEY JAMES FRANCIS BRACKEN	MSG	130214
CO B 1-140TH AVN BN (ASSLT)	FRAGOSO RENE JAVIER	SGT	130212
DET 2 CO D 3/140 AVN BN MED CO	FROST JASON RYAN	SGT	130219
HHC 250TH MI BN	GEROLAMY HANNAH LEE	SGT	130201
HHC(-) 1-185TH AR BN	GONZALES CARLOS ALBERTO	SGT	130207
DET 2 HHC 1-185TH AR BN	GONZALEZ GABRIEL ANDREW	SGT	130214
149TH (-) CHEM CO	GRANADO RAUL JORGE	SGT	130212
649TH MP CO CBT SPT REAR DET	GRISWOLD GARETH ALLEN	SGT	130221
HHT 1/18TH CAV	GUILLORY JAMES DEREK	SSG	130222
2632ND TC (-)	HERNANDEZ JOSE NOEL JR	SGT	130204
FSC 578TH ENGR BN	HERNANDEZ ROBERTO	SSG	130210
CO C 640TH ASB	HORTON DIAMOND PIERRE	SGT	130213
DET 2 CO D 3/140 AVN BN MED CO	JACOBS JEFFREY ARTHUR	SGT	130215
DET 1 756TH TC CO	JANACUA LISA MARIE	SSG	130215
CO D 40TH BSB (RSTA) CO	JOHNSON MELTON KEITH	SGT	130213
CO A 1-140TH AVN BN (ASSLT)	KNIGHT SAMUEL ROMAN	SFC	130225
DET 1 HSC 640TH ASB	KOOPMAN BRADLEY DEAN	SGT	130206
CO A(-) 1-185TH AR BN	LOPEZ PHILLIP SCOTT	SGT	130212
2632ND TC (-)	LORENZANA SAMUEL ENRIQUE	SGT	130214
HHC 79TH SPC TRPS BN	MADISON PAUL KENNETH	SSG	130209
CP ROBERTS MNVR TNG CTR (-)	MALACKY RICHARD EUGENE	SGT	130214
FSC 578TH ENGR BN	MALDONADO VERONICA HILDA	SGT	130213
118TH MAINT CO	MARILLEY WILLIAM EDWARD	SGT	130220
BTRY A 1-144TH FA	MARTINELLI EDWARD CHARLES	1SG	130201
0217 OD CO EOD REAR	MATYSECK NICHOLAS JOHN	SGT	130225
HHD 340TH BSB	MAYORGA DARITA SANDATE	MSG	130201
DET 2 CO D 3/140 AVN BN MED CO	MCFARLAND KALVN SIDNEY	SGT	130219
HHT 1/18TH CAV	MELGOSA RICHARD DANIEL	SGT	130213
CO E 40TH BSB (IN) CO	MONTANO JAVIER ALEJANDRO	SGT	130213
CO B 250TH MI BN	MOON NATHAN ROBERT	SSG	130212
HHC 79TH SPC TRPS BN	NARTE FRANK EDWARD	SGT	130219
CO A 1106TH TASMG	NEWMAN DARRELL MATTHEW	SSG	130219
HSC 578TH ENGR BN	NIEVES ABEL	SGT	130213
CP ROBERTS MNVR TNG CTR (-)	NOBLES JOHN LEE	SFC	130221
HSC (-) 40TH INF DIV	OLIVER ALEXIS LACHEA	SGT	130201
CO B 1-140TH AVN BN (ASSLT)	ORTIZMARTINEZ ANGEL MARIO	SGT	130220

Continued from page 6 - Enlisted Promotions

1040 QM CO	OSOTIO LESTER	SGT	130207
DET 1 HSC 640TH ASB	PALMA RENE DOMINIC	SGT	130212
HHD 185TH MP BN	PARKHURST ERIC DANIEL	SGT	130215
CO A(-) 1-185TH AR BN	PATCH DAVID RONSTADT ADAMS	SGT	130212
1114TH TRANS CO	POWELL DANIEL WAYNE	1SG	130208
CO A(-) 1-185TH AR BN	REICHENBACH GERHARDT LARS	SGT	130212
649TH MP CO CBT SPT FWD 3	RESENDEZ CHRISTOPHER ERIC	SGT	130213
649TH MP CO CBT SPT REAR DET	RICCI GIANCARLO JR	SFC	130212
DET 1 870TH MP CO	RIVERA JIMENEZ JOSE EDUARDO	SGT	130213
DET 1 CO B 79TH STB (TUAS)	RIVERA JOHNY ANTHONY	SGT	130214
HHD 1-144TH FA	RODRIGUEZ EDUARDO FLORES	SGT	130213
HHC, 224TH SUSTAINMENT BRIGADE	ROMO JUAN	SGT	130214
132ND ENGR CO (-) (MRBC)	ROSS MELISSA ANNETTE	SSG	130213
40TH MP CO	RUIZ JOE	SGT	130207
DET 1 2668TH TRANS CO	RUSSO JOHN WESLEY	SGT	130214
DET 1 756TH TC CO	SANDOVAL ANDREW	SGT	130219
HHC 1-160TH IN	SIBLEY RUSSELL CURTIS	SGT	130214
CO C 79TH STB (SIG)	SIMON DEANDRE JOSEPH	SGT	130201
DET 1 756TH TC CO	SLIFER ERIC LUTHER	SSG	130205
DET 1 140TH ENGR CO (MAC)	SLIFFE MICHAEL MATHEW	SGT	130213
HHC 1-160TH IN	SMITH JOSE ALBERTO	SGT	130219
3RD BN (TC) 223RD REGT	SOKHEANG STEVEN	SSG	130214
315TH (-) ENGR VCC	SOLIS PEDRO LUIS	SGT	130214
2ND BN (MT) 223D REGT	SPAHR BENJAMIN MARTIN	SSG	130212
315TH (-) ENGR VCC	SPEAR FRANCINE ELIZABETH	SGT	130225
CO A(-) 1-185TH AR BN	STECK JADE JUSTIN	SGT	130225
2668TH TRANS CO (-)	THOMPSON ANAMARIE KRISTI	SGT	130213
DET 1 DIV SIG CO 40TH INF DIV	THOROGOOD ANTWAN	SGT	130226
670TH MP CO	TORRESVASQUEZ EDGAR	SGT	130219
DET 1 CO G 40TH BSB	TOWNSEND ELIJAH AARON MICH	SGT	130215
DET 2 CO A 640TH ASB	VALENCIA MARCO ANTONIO	SGT	130211
670TH MP CO	VARELA MARCOS LORENZO	SGT	130219
2ND BN (MT) 223D REGT	VASQUEZLICON MICHAEL A	SSG	130212
3RD BN (TC) 223RD REGT	VEGA IVAN LOPEZ	SSG	130214
CO B 1-140TH AVN BN (ASSLT)	VEGAMALDONADO GUSTAVO	SGT	130212
HHC, 224TH SUSTAINMENT BRIGADE	VILAGUT DAVID JULIO	SSG	130214
DET 1 CO F 2-135TH GSAB	VILLARREALMONARREZ EDUARDO	SGT	130201
649TH MP CO CBT SPT FWD 3	WEISHAR LUCAS ALLEN	SGT	130218
JFHQ-CA (-)	ZESATI ERNESTO	SSG	130225
3RD BN (TC) 223RD REGT	ZUNIGA MISNARDO JR	SSG	130205

Promotions

Officers

Uname	NAME_IND	GR_ABB R_CODE	PAY_G R	DOR
HHC 49TH MP BDE	WELLISCH CHRISTIAN	1LT	O2	130222
JFHQ-CA (-)	EMANUEL FRANK DAVID	COL	O6	130213
JFHQ-CA (-)	RIEGER TIMOTHY LEE	COL	O6	130213
COMBAT AVN BDE	ROMERO CLAUDIA	CW3	W3	130219
CO B 1-126TH AVN REGT	DOWLING CARY PATRICK	CW4	W4	130226
DET 1 CO F 2-135TH GSAB	CROUCH THADDEUS DAVID	CW3	W3	130219
HSC (-) 40TH INF DIV	BOUTALEB LAILY	1LT	O2	130214
HSC (-) 40TH INF DIV	GILMARTIN TIFFANY ANN	1LT	O2	130214
HSC (-) 40TH INF DIV	PEREDES LAURO ANTONIO	1LT	O2	130214



CAMP ROBERTS DEMOLITION CONTINUING

PANTHER STRIKE; Multi-Echelon Exercise

Panther Strike is a multi-national, multi-echelon Afghan-centric military intelligence (MI) training exercise that is planned and executed by elements of the 300th MI Brigade (Linguist) of the Utah Army National Guard. The long-range intent is to make Panther Strike the premier Reserve Component MI warfighter equivalent exercise. Panther Strike is now a Foundry recognized event.

The two-week exercise is designed to develop and further promote technical competence in Counterintelligence (CI), Human Intelligence (HUMINT), and Signal Intelligence (SIGINT) collective and individual tasks. Soldiers train on critical collective and individual skills in a realistic and challenging “train as they fight” environment. Participants also have the opportunities to work alongside NATO multi-national partners.

This exercise consists of both collective military intelligence and individual warrior tasks specific to the demands of the contemporary operating environments commonly associated with CI, HUMINT, and SIGINT operations. The exercise incorporates the most current tactics, techniques, and procedures used in the Afghanistan Theater of Operations to maximize Soldier familiari-

zation with real world knowledge and current operating trends and methodologies.

Panther Strike began in 2001 as a company level exercise as originally conceived by the 260th MI Battalion of the Florida Army National Guard. Since 2001, a number of the linguist battalions within the 300th MI Brigade have hosted Panther Strike to include the 223rd MI Battalion (L). The 223rd MI BN last hosted Panther Strike at Camp San Luis Obispo in 2010 and is scheduled to host Panther Strike at Camp Williams, Utah, in 2014.

In 2012, over 100 Soldiers from 223rd MI BN practiced full RSOI via military airlift to participate in Panther Strike and will emulate a full RSOI again in June 2013. Soldiers of the 223rd Military Intelligence Battalion have in large measure capitalized on the invaluable training offered at Panther Strike since it began nearly 12 years ago. California National Guard Soldiers have used the Panther Strike experience to enhance, sharpen, and advance their intelligence skills and abilities. The Soldiers are subsequently able to put their skills to use by supporting various intelligence missions to include Cyber Command, Joint Task Force Counterdrug, Kosovo Force, and Operation Enduring Freedom.

Establishing a Climate of Trust

By Jennifer S. Lucero
JFHQ Sexual Assault Response Coordinator

One of the biggest problems with dealing with sexual assaults in the military is the reluctance of victims to come forward. Why don't they come forward? Several reasons: distrust of the command, lack of accountability, fear they will be treated badly, and fear of retaliation. These are all valid concerns. Think about it. What if the perpetrator was a supervisor, a fellow soldier, or someone in the chain of command. As a victim of sexual assault, would you feel comfortable reporting the incident? How leadership addresses the victim of sexual assault after he or she reports the crime results in the climate of trust that is established within the unit.

When dealing with a victim of sexual assault, empathize with them by putting yourself in their shoes. How would you want to be treated, and what would you want the leadership to do to ensure your physical and psychological security?

Establish a climate of trust by immediately taking care of the victim. First, take it seriously and don't question the validity of the report. Contact the Sexual Assault Response Coordinator (SARC), provide immediate medical care and/or counseling, and ensure a victim advocate is assigned. Contact law enforcement and the Judge Advocate General and ensure there is a timely, thorough investigation conducted. If CID cannot investigate, and local law enforcement officials will not investigate or prosecute, contact the JFHQ SARC for possible investigation by the Office of Complex Investigations. In cases of sexual assault, internal investigations are strongly discouraged.

Avoiding re-victimization, or the perception of re-victimization, is extremely important. It makes or breaks the climate of trust. Be cautious with the way questions are worded. For example, asking the victim why they didn't report the incident earlier may be well-intentioned, but the victim may perceive it as doubting the validity of the report because they waited so long. Keep in mind, it could take weeks, months, or even years for some victims to muster enough courage to report a sexual assault.

Although command may want to know the details about the case, let the investigators do their job. Not only could this jeopardize the investigation, it is also another form of re-victimization. Collect only necessary information. Asking the victim for specific details forces them to relive the incident over and over again, as they will already be required to tell their story several times to investigators, medical personnel, and others. Additionally, leaders should limit details concerning the incident to only those with a legitimate need to know. Sharing details with those who do not have a need to know causes distrust.

Consider the best courses of action for separating the victim and subject during the investigation. Commanders should seriously consider giving a written military protection order. To the extent practicable, they should also accommodate the victim's desires regarding safety, health, and security as

long as neither a critical mission nor a complete investigation is compromised. Leaders should also consider separate work schedules, separate work centers, and separate drill weekends. Attention to detail is imperative. The last thing the victim needs is to be in the same room as the offender. Discuss these options with the victim. Remember, forcing the victim to move can be viewed as punishment and re-victimization. They may be thinking, "Why should I have to move when it's the offender who committed the offense?" On the other hand, they may want to move.

Communication is the key. It is the commander's responsibility to keep the victim informed of the status of the investigation on a monthly basis, although more frequent contact is advised. Failure to contact the victim sends the message that command does not care. The victim needs to know they can rely on the command's support.

Failure to establish a climate of trust increases the likelihood that sexual assaults will occur. Victims won't come forward; therefore offenders know they can get away with it. On the other hand, establishing a non-permissive climate, where potential future offenders know they will be investigated and held accountable, will increase reporting and decrease incidents of sexual assault. What are you doing to establish a climate of trust in your unit?





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FRG: Families must be prepared as well as the Soldier deploying

Everyone agrees that it is important to prepare Families for the rigors and challenges of an extended deployment...but what about shorter separations such as school, Annual Training or mobilization for emergencies? Just as a Soldier must be prepared for mobilization at a moment's notice, Families must be prepared as well. Whether you are going to be gone for a few days, weeks, or longer, Families and loved ones all are impacted. Here are some tips to make this transition easier for everyone:

- Check your Family's ID cards to make sure they are current – don't wait for them to expire before renewing.
- Recognize that separations of any length of time can be stressful. Be sensitive to your loved ones as they express their feelings.
- Make sure finances are in order and that you have a plan for paying bills while you are away.
- Have a stash of "thinking of you" cards ready to leave for or send to loved ones while you are gone.
- Check calendars – if there is a special event happening while you are away, try to reschedule. If not possible, figure out a way to play a role even while you are away.
- Make sure your Family knows basic information such as what unit you are in, where you will be (if known) and how to reach your unit in case of emergency
- Encourage your Family to get involved in the Family Readiness Group (FRG) year-round.

Are you ready to retire? Don't wait till the last minute

The California Army National Guard is presenting a Reservist (M-Day) Pre-Retirement Seminar 4 and 5 May 2013 at the Cal EMA Headquarters in Mather, CA. This seminar is a one day training, yet, it is offered on two different days to accommodate more Soldiers and their Families. The Retirement Seminar will include; how to apply for Retired Pay, how to read your retirement points statement, understanding the Reserve Component Survivor Benefits Plan (RCSBP), and provide information on additional available benefits. Representatives will be available to provide

information on Tricare (medical & dental), Department of Veterans Affairs, personal financial counseling, and more. This Retirement Seminar will help provide Soldiers and their Families a smooth transition into Retirement. It's been said, "Retiring is not a process, it is an event." M-Day Retirement Seminars will rotate quarterly throughout California by region. To learn more about M-Day Retirement please go to: <http://www.calguard.ca.gov/g1/Pages/Retirement.aspx>
To register for the Seminar go to:

CAARNG Pre-Retirement Seminar

Saturday, May 4th, 2013

0800 - 1700hrs



Sunday, May 5th, 2013

0800 - 1700hrs

**Location: California Emergency Management Agency
(Cal EMA) Headquarters, 3650 Schriever Avenue, Mather, CA 95655**

If you are a traditional guardsman (M-DAY) and have 18 or more years of qualifying service towards retirement, have 15 or more years of qualifying service and are pending separation due to medical reasons, or are considering retirement within the next 12 months, come learn more about the ARNG retirement process. Presentations will include:

- ✓ How to apply for Retired Pay.
- ✓ How to read your retirement points statement (NGB 23B).
- ✓ Employment Assistance.

- ✓ Understanding the Reserve Component Survivor Benefit Plan (RCSBP).
- ✓ Eligible Benefits.

Additionally, representatives will be on hand to provide information related to your retirement, to include:

- ✓ Dept of Veterans Affairs (VA)
- ✓ USAA
- ✓ Military One Source
- ✓ MyArmyBenefits.com
- ✓ CA State Military Reserve

- ✓ TRICARE (medical & dental)
- ✓ DEERS/ID Cards
- ✓ Civilian Education
- ✓ Hero2Hired (H2H)
- ✓ And much more!

Duty Status: SUTA, RMA, AT/AAT, or non-paid. Uniform: Civilian Attire

Register at <http://www.calguard.ca.gov/g1/Pages/RetReg.aspx>
Questions? Please contact the CAARNG Retirement Section at (916) 854-3150 opt 5.